



# SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 2

FEBRUARY 2026

## WINTER REGISTRATION STILL OPEN

**SPARTAN BOOTCAMP** WINTER REGISTRATION **FINAL MONTH!!!**  
 INDOORS MONDAYS & THURSDAYS NOW – FEBRUARY 26  
 MINIS (3 -5 YR OLD) 6:00p-6:30p  
 TOTAL BODY BOOTCAMP & BEGINNERS BOOTCAMP 6:45p-7:45p  
**BOTH DAYS JUST \$50**  
 MENTAL TOUGHNESS, PHYSICAL FITNESS, CHARACTER BUILDING, DISCIPLINE  
 Register at [www.BordentownSPARTANbootcamp.com](http://www.BordentownSPARTANbootcamp.com)

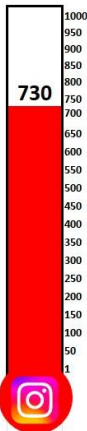
### SIGN UP NOW FOR **JUST \$50** FOR BOTH DAYS ALL MONTH

It's never too late to join. Don't forget, 1000 Bootcamp Bucks for every referral (siblings excluded from offer) SO WEAR THAT SHIRT PROUDLY AND KEEP RECRUITING

### INSTAGRAM PUSH TO 1000

**LAST MONTH +20!**

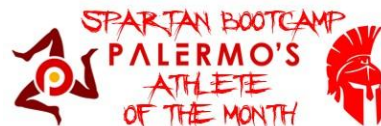
Let your family and friends know to follow the most FIRE Insta around @Bordentown-SPARTAN. We are trying to get to 1000 followers so we can do live streams again!



### LAST MONTH'S SATURDAY SPARTAN SUCCESS STORIES

This are our weekly video parent testimonials that appear on Instagram & Facebook

- Karen Baetzel (Jayme Turner)
- Tara Dorsey (Amabelle & Adeline)
- Scott Oliver (Scotty Oliver)
- Rebecca Santiago (Alexa & Amelia)



Jameson, Reagan, & Trent Butler

Remember posting a picture of your SPARTAN wearing their shirt on Instagram or Facebook and tagging me earns them and easy **100 Bootcamp Bucks**, ON TOP of them looking bad ass.

# THE HISTORY OF SPARTAN BOOTCAMP

## CHAPTER 1: THE O.G.'S

The year was 2013 and Coach Collin was in 3<sup>rd</sup> grade, and in his first year of soccer (I don't count the years where the coaches are on the field and nobody knows what they are doing) Collin's head coach called a parents meeting and asked if anyone had experience with soccer. I raised my hand, and he tossed me a shirt that said "Assistant Coach". I agreed and we split the duties. I was defensive and conditioning coach, while he ran the offense and did all the logistical nonsense and dealt with parents. Over the course of the season, our four defenders started developing a personality. I was instilling a discipline and work ethic in them above and beyond the rest of the team, and way out of the normal range for recreational soccer. One game at halftime, against a team that was much bigger and more skilled, I used the story of the SPARTANS holding the pass at Thermopylae to demonstrate that with enough courage and determination, the few could defeat the many.

That was the first time the "SPARTA on 3" cheer came out of my mouth. The kids went on to come from behind and tie that game. We entered the end of season rec tournament and won four games in one day to leave champions. The season ended and I didn't think much of it. Until the following August.....



## SPARTAN TEAM TRAINING

SPARTAN Team Training has really taken off! This fall we worked with the **Bordentown Union** Travel Soccer team for the second year in a row, as well as a few of the rec soccer teams in the area. We have done sessions with **Cub Scouts** in Chesterfield and Florence, as well as an intense 6-week training program with the competition team at **Amerikick of Princeton** Martial Arts Academy. Most recently we are training three travel softball teams; the **10u Hamilton Hurricanes** for the second winter in a row, the **10u Newtown Rock** for a second 8-week session in a row, and the **12u Robbinsville Rampage** for an extended 5-month training cycle that started in Fall and runs all the way into the spring. We do everything from team building, speed and agility, strength and conditioning, and just plain old mental toughness and grit training. Text or email with questions on pricing and availability.

## FEBRUARY BIRTHDAYS

Avi Ojha	Jose Guerra	Emma Koponosh
Kennedy Hutchins	Ali Mandell	Taryn Mager
Carmella Lombardo	James Wood	Penelope Cwick
Hunter Jackson	Issac Bearden	Alexa Kraus
Wyatt Miller	Emmalyn Farber	Francis Colombo
Brady Warren	Nevin Mendez	Tanay Patel
Amber Barkowski	Gavin Chawla	Foster Valenti
Urvum Nagaraju	Aarush Singh	Orlando
Caylee Landow	Scotty Oliver	Mercado
Angelina Micallef	Danica Deluca	Henry Russell
Milena Micallef	Dian Valesquez	Brandon Mejia
Molly Schaffer	Mia Cano	Cole Pracko
Jack Guerin	Aburee Ent	



### Bordentown Little League

**2026 Baseball and Softball Ages 8-12**

#### SPEED & AGILITY CLINIC

Get in Shape for the upcoming Little League Season!  
Fridays 6 - 7pm  
February 13<sup>th</sup> - March 20<sup>th</sup>

**Coch - Bill Hartz from Spartan Bootcamp**

6 Weeks - \$65 per player  
Register at: <https://www.bordentownlittleleague.com/>

Clinics will be held @ Peter Muschal Elementary School Gymnasium  
Enter at Door 12  
Players Must Be Registered for our 2026 BLL Season to participate for insurance purposes

## BLL SPEED & AGILITY CLINIC

Attention all Softball and Baseball players in Bordentown Little League. We will be running our second annual Speed & Agility clinic. CHECK IT OUT!

**6 weeks for just \$65!**

# LAST MONTH'S EVENTS

SPARTAN Bootcamp table at the BRMS play "The Enchanted Bookshop" to promote this springs return of Friday Night Lights Special shoutout to SPARTANS Juliet Kraus, Abby Wright, and Rhylan James for helping me man the table!



SPARTAN in the Snow! On Martin Luther King Day we got to go outside and have Bootcamp in the snow. Was there a HUGE turnout. Nope. But those that came had a great time that ended with a snowball fight.



# THIS MONTH'S EVENTS

- Spring Registration Opens
- 2026 Youth Activities EXTRAVAGANZA (Feb 21<sup>st</sup>)
- Bordentown Little League 6-week Clinic starts

## SPARTAN LOGADES CORP

Gabriel Bobb	Logan Graf
Liam Bobb	Collin Hartz
Nathaniel Bobb	Joe Hartz
Jaiden Bowen-Lee	Vansh Kapoor
Anthony Crisostomo	Luke Lawyer
Aiden Daley	Leo Mellor
Wesley Daley	Levi Mellor
Cole Derrico	Linc Mellor
Axel Floyd	Bentley Neiderberger
Ruby Floyd	Lily Priano
Cora Gorring	David Rein
Robert Goslin	Mina Vescovi

Birth Year	push ups to failure		sit ups in a minute		Complex run	
	Boys	Girls	Boys	Girls	Boys	Girls
2018	12	10	30	30	6:45	6:45
2017	13	11	33	33	6:30	6:30
2016	15	13	36	36	6:00	6:00
2015	16	14	40	40	5:30	5:30
2014	20	15	44	44	5:15	5:15
2013	22	16	47	47	5:00	5:00
2012	25	18	48	48	4:45	5:00
2011	28	20	49	49	4:30	5:00
2010	29	21	50	50	4:30	5:00
2009	30	22	55	49	4:15	5:00
2008	32	23	55	48	4:05	5:00
2007	35	24	55	47	4:00	5:00

## THE ELITE OF THE ELITE

SPARTAN Logades members prove themselves over three metrics and must hit benchmarks that put them amongst the top 10-15% for their age and gender. This earns them the Logades shirt, which cannot be attained any other way.



# SPARTAN MILESTONES LAST MONTH



## MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY



## SPARTAN KICKBALL TOURNAMENT

This April we are looking to hold a one day kickball tournament. Details on exactly HOW we will pull this off are still being sorted out. Stay tuned for details as we figure this out.

## SPARTAN WARRIOR TRIALS

Coming May we will be holding our first annual "SPARTAN Warrior Trials" This will be an event open to everyone for a small fee. We will have multiple events including sprints, distance running, tire flipping and more. There will be age groups and medals for top place winners. Stay tuned for more details.



## NUTRITIOUS SNACK OF THE MONTH

by KC Wellness

### SPARTAN CHAMPION CHICKEN CHEESY BUFFALO ROLL-UP WITH RANCH DIP

**Roll-Up Ingredients:** 1 gluten-free wrap (≈ 60 g), 2 oz rotisserie chicken, chopped, ¼ cup shredded cheese (≈ 28 g), 2 Tbsp buffalo sauce

**Roll-Up Directions:** Lay wrap flat, add chicken, sprinkle cheese, drizzle buffalo sauce, roll tightly like a burrito, Air fry at 375°F for 5–7 minutes, flipping halfway, Let cool slightly before serving and cut into 3's.

**Dip Ingredients:** Greek Yogurt Ranch, ½ cup Fage nonfat plain Greek yogurt, ½ packet ranch seasoning, Garlic powder, to taste, 1–2 Tbsp unsweetened almond milk (for thinning)

**Ranch Directions:** Add all ingredients to a blender or food processor, Blend until smooth and creamy, refrigerate for at least 30 minutes, Serve cold as a dip.

**Roll-Up Calories:** ~300 **Ranch Dip per 2 Tbsp Calories:** ~20

## COACH BILL FUN FACT OF THE MONTH

Before starting SPARTAN Bootcamp, Coach Bill worked in Retail from the time he was 17 years old. He started at Toys R Us as a department manager, then became store manager at Eckerd Drug Store, then ran a PetSmart, before finishing his retail career as a store manager at Staples for 18 years. His favorite of all those locations was Toys R Us, specifically at Christmas time. Coach Bill believes all kids should spend 3 months in retail to learn how to treat people, but DON'T make a career out of it!

